RURAL DISTRICT OF EAST WESTMORLAND.

Health Committee.

ANNUAL REPORT

OF THE

MEDICAL OFFICER OF HEALTH,

FOR THE

Year ending 31st December, 1920.

J. W. BRAITHWAITE & SONS, PRINTERS, KIRKBY STEPHEN.

To the Chairman and Members

of the

Rural District Council of East Westmorland.

Gentlemen,

I have the honour to submit to you my Annual Report for the year 1920, compiled in accordance with your instructions and those of the Ministry of Health.

The advent of a new Census, to be taken this year, will greatly facilitate the correct compilation of Statistics and Ratios.

My thanks are extended to your Officials who have rendered me excellent assistance on all occasions, as also to the members of the Medical Profession, whose willing co-operation has been a most valuable asset towards a constructive policy of preventive medicine.

I am, Gentlemen,

Your obedient servant,

W. BARON COCKILL,

Medical Officer of Health.

21st March, 1921.

EAST WESTMORLAND RURAL DISTRICT COUNCIL.

ANNUAL REPORT OF THE MEDICAL OFFICER OF HEALTH

for the year ended December 31st, 1920.

Area (land and inland water)	183,154 acres
Population (census 1911)	11,157
Population (Registrar General's estimate) ...	11,186
Population (Local Estimate)	11,175
Inhabited Houses	2,842
Average Population per House	3·97

The physical features of the District are generally mountainous.

The Eden Valley forms a large part of the District, and is bounded on the East by the Pennines, consisting of Carboniferous Limestone, with pockets of Barytes and Galena. In the valley there are considerable deposits of Gypsum, with old red sandstone at Dufton and Newbiggin.

The District from Appleby to Orton is all Limestone.

The Lune Valley is bounded on one side by Limestone, and on the other side by rocks of a Schistose nature, yielding a very soft pure water.

The District is entirely devoted to agricultural work.

Vital Statistics.

Births.							Deaths.			Infant Deaths.					
		Legitimate.		Illegitimate.						Legitimate.		Illegitimate.		Total.	
Crude.	Corrected.	Males.	Females.	Males.	Females.	Rate per 1,000 population.	Crude.	Corrected.	Rate per 1,000 population.	Number.	Rate per 1,000 births.	Number.	Rate per 1,000 births.	Number.	Rate per 1,000 births.
252	251	115	123	8	5	22·4	143	143	12·7	17	71	1	77	18	71

Comparative Rates.

District.	Births.	Deaths.	Infant Deaths.
East Westmorland	22·4	12·7	71
Westmorland	26·6	13·9	66
England and Wales	25·4	12·4	80

Causes of Death.

Enteric Fever.	Scarlet Fever.	Whooping Cough.	Influenza.	Pulmonary Tuberculosis.	Tuberculous Meningitis.	Other Tuberculous Diseases.	Cancer.	Rheumatic Fever.	Meningitis.	Organic Heart Disease.	Bronchitis.	Pneumonia.	Other Respiratory Diseases.	Diarrhœa (under 2 years).	Nephritis.	Puerperal Fever.	Parturition.	Congenital Debility.	Violence.	Other Defined Diseases.	Ill-defined Diseases.	TOTAL.
2	1	2	3	7	2	1	18	1	3	23	3	3	6	1	2	1	1	5	5	50	3	143

Special Death Rates (Per 1,000 Population,)

Enteric Fever.	Scarlet Fever.	Whooping Cough.	Influenza.	Pulmonary Tuberculosis.	Tuberculous Meningitis.	Other Tuberculous Diseases.	Cancer.	Pneumonia.	Puerperal Fever.
0·17	0·08	0·17	0·26	0·62	0·17	0·08	1·6	0·26	0·08

Analysis of Infant Deaths.

Cause.	1 week	1-2 weeks	2-3 weeks	3-4 weeks	under 1 mth	1-3 mths	3-6 mths	6-9 mths	9-12 mths	under 1 year
Whooping Cough	...	...	...	...	...	...	1	...	...	1
Meningitis (Non Tuberculous)	...	...	...	...	...	2	1	1	...	4
Convulsions	...	...	...	...	...	1	...	...	...	1
Bronchitis	...	...	...	...	...	1	...	1	...	2
Pneumonia	...	...	...	...	...	...	1	...	...	1
Diarrhœa	...	...	...	...	...	...	1	...	...	1
Suffocation	...	...	...	...	...	...	1	...	...	1
Atelectasis	...	...	1	...	1	...	...	...	...	1
Congenital Malformation ...	...	1	...	...	1	...	...	...	...	1
Premature Birth	3	...	...	1	4	...	...	...	...	4
Other Causes	...	...	...	...	...	...	1	...	...	1
	3	1	1	1	6	4	6	2	...	18

Still Births notified—8.

The notification of Births is improving, but 5 Births were un-notified.

The amount of Poor Law Relief is indicated by the following facts :—

Average daily population in Institutions ...	21
Annual Average population receiving Outdoor Relief	66

There being no Hospital within the District, the services of the Penrith Hospital, Carlisle Infirmary, and the Westmorland County Hospital are utilised.

Sanitary Condition of the District.

There is no central storage in the District, but collecting tanks supply the following places: Kirkby Stephen, Orton, Ormside, Tebay, Newbiggin-on-Lune, Longmarton, and Brough, on the Constant System. The capacity of these tanks is not large, but generally sufficient. The quality of the water is good, and not liable to contamination, nor plumbo-solvent in action. The rest of the District is dependent upon streams and shallow wells, liable to pollution and failure in dry weather. The water supply is a most difficult one, and many schemes have been considered from time to time, and abandoned. The question of expense is a serious item in a scattered rural area. The excessive rainfall this year has been of benefit to the water supplies, and thus lessened some of the hardships: the general condition is not being lost sight of.

Rivers and Streams.—There is a certain amount of pollution present, but the County Council Inspector has not drawn attention at present to any serious conditions.

Drainage and Sewerage.—There are Sewage Disposal Works at Kirkby Stephen and Ravenstonedale, and Settling Tanks at Tebay, Brough, Orton, Milburn, Temple Sowerby, Kirkby Thore, and Newbiggin-on-Lune.

At no place except Kirkby Stephen are there many Water Closets in use; Total about 488. The rest of the District possesses Privies chiefly, but there are a few Pail Closets. There were no conversions from Privies to W.C's. during the year.

The sufficiency of sewerage is on the short side.

Scavenging.—This is done by the Authority at Kirkby Stephen, Tebay, and Brough, by hand and team labour, and in the remainder of the area is carried out privately. It is fairly efficient, considering the difficulties in procuring labour, &c., and is certainly improving. Disposal is on tips outside inhabited areas. All receptacles are disinfected on clearance being made.

There are no ash bins in the District, other than Kirkby Stephen, where they number 190.

No recent conversions have been made.

Sanitary Inspection of District.

There have been 31 visits of inspection made, and the following nuisances have been discovered :—

Overcrowding	2
Water Supplies	6
Drainage	15
Privies and Ashpits	10
Total ...	33

These have been dealt with by Informal Notices to the number of 29 and remedied ; no Statutory Notices have been served.

Premises and Occupations Controlled by Bye-Laws and Regulations.

Slaughter Houses	16
Dairies and Cowsheds	76
Total ...	92

No action has been necessary.

There are no underground sleeping rooms.

Schools.

The sanitary condition and water supplies of the elementary schools is on the whole satisfactory. There is a shortage of water in some places, when an abnormally dry season occurs.

A refuse tip in close proximity to the public elementary school at Brough is objectionable.

There were 11 school closures on account of Mumps Whooping Cough, Measles and Scarlet Fever.

When a serious epidemic occurs inspection is carried out in connection with the School Medical Authorities.

Food.

(A). Milk Supply.—The supply is good in quantity, and wholesome in character, and the arrangements for distribution are satisfactory. A great deal of milk is sent from the District to Newcastle-on-Tyne, and there are some of the best dairies in the County in this neighbourhood.

The Dairies, Cowsheds, and Milkshops have been regularly inspected, and no serious defects found.

No tuberculous milk has been discovered.

The Milk and Cream Regulations are under the control of the Police, as also the Sale of Food and Drugs Act.

No prosecutions have been necessary in connection with them.

Milk (Mothers' and Children's Order, 1918), is administered by the County Medical Officer of Health.

(B). MEAT.—The Slaughter Houses have been inspected from time to time, and have been well kept. There is no public Slaughter House. There is free access to all Slaughter Houses, and notification of any diseased carcase is immediately made by the butchers.

No action under Sec. 117 of the Public Health Act, 1875 has been necessary.

The following meat has been condemned for tuberculosis:—

Whole Carcases	3
Internal Organs	1
Total ...	4

SLAUGHTER HOUSES.

	In 1914.	In January, 1920.	In December, 1920.
Registered ...	4	4	4
Licensed ...	13	16	17
	17	20	21

(C). OTHER FOODS.—There has been no unsound food discovered. The sanitary condition of bake houses and premises where food is prepared, stored, or exposed for sale has been good, and no action was required.

No case of food poisoning occurred.

FACTORIES AND WORKSHOPS.

	Number.	Inspections.	Notices.
Factories ...	26	12	Nil.
Workshops	48	20	Nil.
Workplaces	Nil.	Nil.	Nil.
	74	32	Nil.

Prevalence of, and Control over Infectious Disease.

A small epidemic of Measles occurred in January, and there were a number of cases of Scarlet Fever and Diptheria throughout the year, but no definite causation was discovered.

Diptheria Anti-toxin is in general use.

Two cases of Enteric Fever were notified, and both died; one was an imported case, and the other was possibly associated with defective drainage.

One case of Encephalitis Lethargica occurred, and this ultimately died in 1921.

There was one "Return" Case of Scarlet Fever.

There were no large number of cases notified under the Regulations of 7th January, 1919, and the cases of Malaria were contracted abroad.

Bacteriological aids were utilised in all suitable cases.

No vaccinations were performed under the Public Health (Small-pox Prevention) Regulations 1917.

School intimations of disease were largely utilised.

No epidemic of Influenza occurred, but the following precautions were taken to meet any outbreak:

1.—A small emergency committee was appointed with full powers to act.

2.—Arrangements were made with existing Nursing Associations to supply additional nursing assistance at the expense of the Council.

3.—The Council were prepared to incur any necessary expense in connection with the provision of "Home Helps," if such could be obtained.

4.—Leaflets on the subject of Influenza were distributed to each house.

No locally contracted Anthrax or Rabies was discovered.

No facilities exist for the cleansing and disinfection of verminous persons.

The notification of Tuberculosis has been efficient.

TABLE OF NOTIFIED INFECTIOUS DISEASE.

	Cases.	Removed to Hospital.
Scarlet Fever	31	29
Diphtheria	13	7
Enteric Fever	2	Nil.
Erysipelas	4	Nil.
Puerperal Fever	2	Nil.
Tuberculosis (Pulmonary) ...	14	5
Tuberculosis (Other Forms) ...	3	Nil.
Pneumonia (Influenzal) ...	2	Nil.
Pneumonia (Primary)	10	Nil.
Malaria	8	Nil.
Encephalitis Lethargica ...	1	Nil.
Total ...	90	41

Maternity and Child Welfare.

This work is under the control of the County Medical Officer of Health.

Sanitary Administration.

1. STAFF.—The Surveyor has undertaken the duties of Inspector of Nuisances; but Mr. H. H. Jennings, Assistant Inspector of the South Westmorland R.D.C. has now been appointed, and will enter on his duties in the New Year.

2. HOSPITAL ACCOMMODATION for Infectious Disease consists of 4 wards, providing 20 beds for Scarlet Fever cases, and 16 for Diphtheria. It is situated at Ormside, 2 miles from Appleby, and serves the whole of the Northern part of the County. It is under the control of the Ormside Joint Hospital Board. It is sufficient for the purpose, and the administration is good. Hospital Accommodation for Small-pox is provided at the Kendal Small-pox Hospital, by arrangement between the Ormside Joint Hospital Board and Kendal.

3. LOCAL ACTS, ETC.—The following are in operation:

Sanitary Clauses of Public Health Acts Amendment Act, 1890.

Byelaws in force for Common Lodging Houses and Slaughter Houses throughout the District.

Byelaws in force at Kirkby Stephen, Orton and Tebay for private scavenging, New Streets and Buildings, and at Kirkby Stephen for Nuisances.

Regulations under Sec. 13, Dairies, Cowsheds, and Milkshops Order, 1885, throughout the District.

The administration of these is effectively carried out.

4. Laboratories.—The combined Districts of Westmorland have established local laborataries at Kendal for Chemical and Bacteriological examinations. Examinations for East Westmorland made during the year are as follows :—

Diphtheria	...	69
Malaria	...	8
Water Analysis	...	1
Water Deposits	...	1
Total	...	79

Housing.

General Housing Conditions.

Number of Houses	2842
Working Class Houses	2542
New Houses for Working Classes in course of erection...	6
Population (estimated)	11,175

No important changes in population are anticipated.

Extent of Shortage of Houses :—

To meet unsatisfied demand	63	93
To replace other houses	30	

A scheme for building 69 houses, in the following Parishes has already been submitted, but with the exception of those at Kirkby Stephen, none are at present proceeding.

Tebay	... ...	10
Gaisgill—Langdale	...	2
Newbiggin-on-Lune	...	6
Warcop	... ...	6
Kirkby Stephen	...	4
Nateby	... ...	4
Kirkby Thore	...	12
Temple Sowerby	...	3
Newbiggin	... ...	4
Milburn	... ...	2
Longmarton	...	6
Brampton	... ...	2
Colby	... ...	2
Total	...	63

Overcrowding.—There is a certain amount of overcrowding, but not to a serious extent, due to the large size of families, and the marriages of soldier sons who are unable to secure accommodation elsewhere.

No measures can be taken to overcome this till more houses are built. There were two cases dealt with during the year and remedied.

Fitness.—The condition of the bulk of the houses is fair; the defects chiefly found consist of ground damp, and general dampness, insufficient light and ventilation, and defects in drainage, privies, ashpits, and water supplies. The defects are partially due to lack of management, but are gradually being remedied. Owing to the Housing Officer resigning in May, and no other being appointed during the year, the Housing Work has largely been in abeyance.

Minor remedies have been effected by means of Informal Notices under Public Health Acts.

The chief difficulties have arisen on account of high prices of repairs in the case of low rented houses, and the scarcity of manual labour.

The water supply presents much difficulty and is often impossible, owing to the rateable value not being sufficiently high to carry the necessary charges.

Unhealthy Areas.—There are no extensive areas that can be included under this heading, and no action has been taken nor any complaints made during the year.

Byelaws.—The existing Bye-Laws work well, but a common Set for the whole District would be very useful. The adoption of the Infectious Disease Prevention Act 1890, might be helpful.

General.

No action has been taken other than the remedying of minor defects.

Appendices.

Housing Conditions.

Statistics.—year ended Dec. 31st, 1920.

1.—GENERAL.

1.—Estimated Population	11,115
2.—General Death Rate	12·7
3.—Infantile Mortality	·71
4.—Death Rate from Tuberculosis	0·87
5.—Number of dwelling houses of all classes ...	2,842
6.—Number of working-class dwelling houses ...	2,542
7.—Number of working-class erected	

2.—UNFIT DWELLING HOUSES.

1.—Inspection.

(1) Total number of dwelling houses inspected for housing defects under Public Health or Housing Acts.

(2) Number of dwelling houses which were inspected and recorded under the Housing (Inspection of District) Reg. 1910

(3) Number of dwelling houses found to be in a state so dangerous or injurious to health as to be unfit for human habitation.

(4) Number of dwelling houses (exclusive of those referred to under the preceding sub-heading) found not to be in all respects reasonably fit for human habitation.

Very little has been done in this department owing to the resignation of the Housing Officer, and no accurate information is available from the records left.

2.—Remedy of Defects without service of Formal Notices.

Number of defective dwelling houses rendered fit in consequence of informal action taken by the Local Authority or their officers... 30

3.—Action under Statutory Powers.

A. Proceedings under Sec. 28 of the Housing Town Planning Act, Etc., 1919.

(1) Number of dwelling houses in respect of which notices were served requiring repairs. ... ... Nil

(2) Number of dwelling houses which were rendered fit—

(a) by Owners.

(b) by Local Authority in default of of Owners.

(3) Number of dwelling houses in respect of which Closing Orders became operative in pursuance of declarations by owners of intention to close.

(B) Proceedings under Public Health Act.

(1) Number of dwelling houses in respect of which notices were served requiring defects to be remedied.

(2) Number of dwelling houses in which defects were remedied— ... ... Nil

(a) by Owners.

(b) by Local Authority in default of Owners.

(C) Proceedings under Sec. 17 and 18 of the Housing Town Planning Acts, Etc. 1909.

(1) Number of representations made with a view to the making of closing orders.

(2) Number of dwelling houses in respect of which closing orders were made.

(3) Number of dwelling houses in respect of which closing orders were determined, the dwelling houses having been rendered fit.

(4) Number of dwelling houses in respect of which demolition orders were made. ... Nil

(5) Number of dwelling houses demolished in pursuance of demolition orders.

3.—UNHEALTHY AREAS.

Areas represented to the Local Authority with a view to improvement Schemes under (a) Part 1. or (b) Part 2. ...	Nil
Number of houses not complying with the building Byelaws erected with the consent of Local Authority under Sec. 25 of the Housing Town Planning Etc. Act, 1919 ...	Nil
Staff engaged on Housing work with, briefly, the duties of each officer	One for the earlier months, and none for the latter. The Surveyor has attended to urgent requirements.